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ABSTRACT

This manual contains information on federal policy regarding meal-pattern requirements for school-nutrition programs. It also describes the Offer Versus Serve (OVS) provision, which allows students to decline either one or two food items they do not intend to eat in order to reduce food waste. The manual explains food components, gives examples of menus, and contains exercises to test food-service employee knowledge. Part 1 explains the meal-pattern requirements in the National School Lunch Program (NSLP). Part 2 discusses OVS in the NSLP, and part 3 explains meal-pattern requirements in the School Breakfast Program (SBP). Parts 4 and 5 discuss the OVS provision and details for implementation. Exercises and quizzes are designed to enhance working knowledge of the guidelines. The final part includes a glossary of terms, a history of meal patterns, answers to the exercises, and meal-pattern charts. (Contains 13 references.) (LMI)

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United States Department of Agriculture

Food and Nutrition Service

# Meal Pattern Requirements and Offer Versus Serve Manual

ED 394 202

EA 027 526

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This manual contains information on Federal policy regarding meal pattern requirements and offer versus serve in the National School Lunch and School Breakfast Programs. Policies in your State may vary. State agencies may institute State policies that do not conflict with the Federal requirements. Check with your State agency if there are any questions regarding State policy.

**Cover Photograph**
The photograph on the front cover contains the following food items:

**Meat/meat alternate**
Cheese in the Toasted Cheese Sandwich (F-7)
Chicken in the Chicken Vegetable Soup (H-4b)

**Bread/bread alternate**
One slice of bread on the Toasted Cheese Sandwich

**Vegetable/fruit**
Vegetable Salad Combination
Apple
Vegetables in the Chicken Vegetable Soup

**Milk**
Lowfat milk

August 1990

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# Introduction

This manual contains useful information for both new and more experienced food service employees who plan and prepare the meals served in school nutrition programs. It will familiarize you with lunch and breakfast meal pattern requirements and Offer Versus Serve (OVS). OVS is a provision that allows students to decline either one or two food items they do not intend to eat. The provision is intended to reduce food waste in school nutrition programs. It is important to note, however, that schools are required to *offer* **all** students **all** required food items. The manual explains food components, gives examples of menus, and contains exercises to test your knowledge. Throughout the manual, references are made to recipes from the publication *Quantity Recipes for School Food Service* (Program Aid Number 1371). The recipe card number is shown in parentheses following the menu item, for example Baking Powder Biscuits (B-4).

Part 1 of the manual explains the meal pattern requirements in the National School Lunch Program (NSLP). Part 2 discusses OVS in the NSLP. Part 3 explains meal pattern requirements in the School Breakfast Program (SBP), while part 4 discusses OVS in the SBP. Part 5 provides more information on the implementation of OVS. These first five parts, including several exercises and quizzes, will give you a working knowledge of meal pattern requirements and how OVS operates.

Part 6 of the manual includes a glossary of terms, a history of meal patterns, answers to the exercises, meal pattern charts, and a bibliography of reference materials.

# Part 1

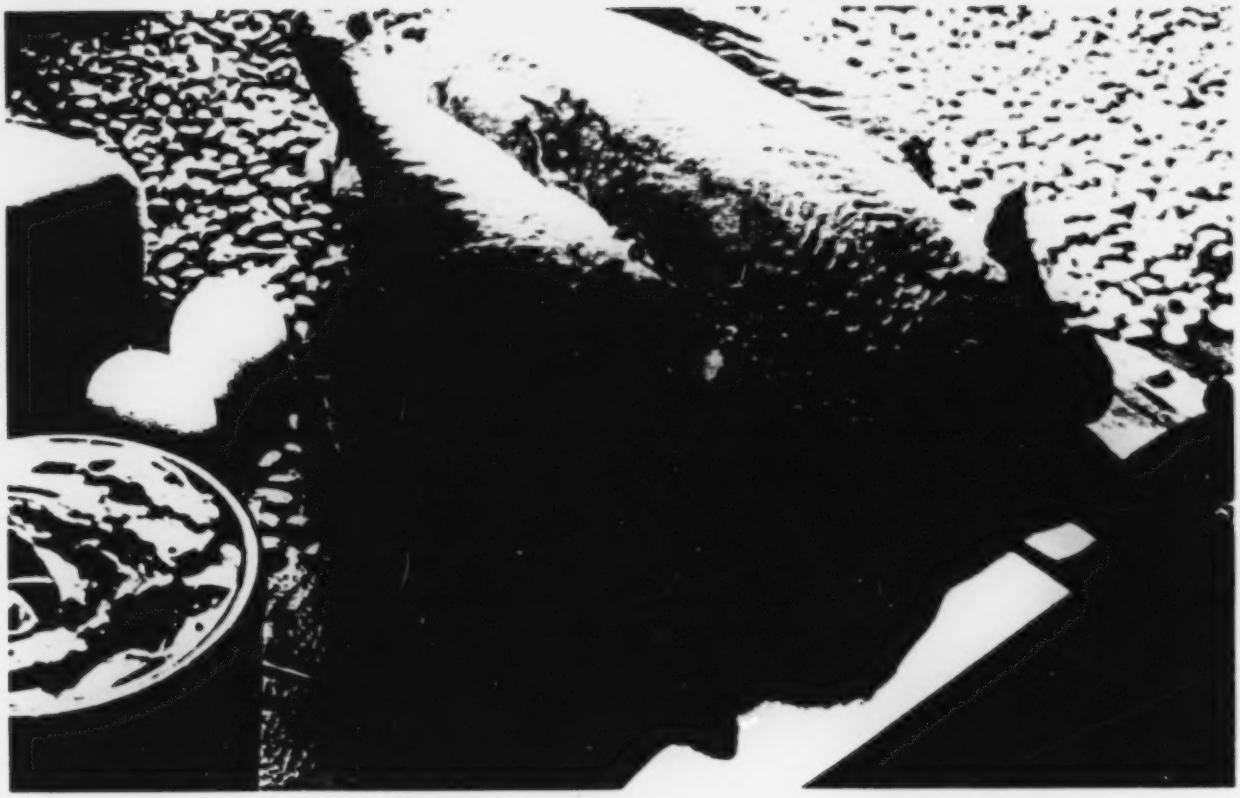
## Meal Pattern Requirements in the National School Lunch Program

Meals served in the National School Lunch Program (NSLP) should be nutritious and well-balanced. The meal patterns required by the NSLP regulations are designed so that over a period of time, school lunches will provide children with approximately one-third of the nutrients they need according to the Recommended Dietary Allowances. In any one meal service, the objective is to provide one meal per child.

A school lunch consists of five different food items from four food component groups. The four components are:

1) **meat/meat alternate**
2) **bread/bread alternate**
3) **vegetable/fruit, and**
4) **fluid milk**

Schools must provide two servings of different vegetables/fruits and one food item from each of the other three component groups. The vegetable/fruit component must be met by providing at least two different kinds of vegetables or two different kinds of fruits or one kind of vegetable and one kind of fruit. More detailed information on the four components is provided on the following pages. The recommended serving portion of each component can be found in the *School Lunch Patterns* chart in appendix D (page 67).



## Meat/Meat Alternate Component

Foods that may be served to satisfy the meat/meat alternate requirement include lean meat, poultry, fish, cheese, eggs, cooked dry beans or peas, peanut butter or other nut or seed butters, or nuts or seeds.

Peanuts, soy nuts, tree nuts, or seeds may only count as one-half of the meat/meat alternate requirement. They must be combined in the same meal with another meat/meat alternate such as lean meat, poultry, fish, cheese, large egg, cooked dry beans or peas, or peanut butter or other nut or seed butters to fulfill the requirement.

NOTE: Some nuts cannot be counted as a meat alternate in Child Nutrition Programs. The nuts that cannot be counted are acorns, chestnuts, and coconuts.

The meat/meat alternate must be served in the main dish or in the main dish and one other menu item. This means that two menu items are the maximum number that may be used to satisfy the meat/meat alternate requirement.

Examples of serving meat/meat alternates in the main dish or in the main dish and one other menu item to fulfill the meat/meat alternate requirement are shown below. Quantities given in the examples are for age 9 and over. Refer to the *School Lunch Patterns* chart in appendix D for amounts for other age groups.

Examples: 1 oz of chopped nuts served in a chicken dish with 1 oz of chicken.

1 oz of cheese in a grilled cheese sandwich, plus 1 oz of sunflower seeds.

1 oz of cheese in a grilled cheese sandwich and 1 oz of chicken in a chicken vegetable soup.

Small amounts (less than 1/4 oz) of meat/meat alternate used as garnishes, seasoning, or in breading should not be counted toward meeting the meat/meat alternate requirement of the meal. Examples are grated

parmesan cheese used as a garnish over spaghetti or egg used in breading. Although use of such garnishes is encouraged to make the lunch more appealing, the amounts are not sufficient to make a real nutritional contribution to the lunch.

Cooked dry beans or peas may be used as a meat alternate or as a vegetable but cannot meet the requirement for both components in the same meal.

Example: Baked Beans (I-6) served as the main dish may be used as either the meat alternate or the vegetable component.

**Alternate Foods**

There are three alternate foods that are authorized to meet part of the meat/meat alternate requirement. These include cheese alternates, vegetable protein products (VPP), and enriched macaroni with fortified protein.

Cheese alternates are cheese substitutes that are usually made from hydrogenated vegetable oil and a form of milk protein. Cheese alternates must be combined with at least an equal amount by weight of natural or processed cheese. The combined cheese and cheese alternate products may be used to fulfill the meat/meat alternate requirement but only when used in cooked items such as macaroni and cheese or pizza. The cheese alternate may meet no more than 50 percent of the meat/meat alternate requirement.

Only cheese alternates that appear on the U.S. Department of Agriculture listing of acceptable cheese alternate products and have the following statement on the label may be used: "This product meets USDA-FNS specifications for cheese alternate products."

NOTE: Cheese alternate products may not be used on cold salads or salad bars.

VPP's are processed from soy or other vegetable protein sources and are fortified with vitamins and minerals. VPP may be used in the dry, partially hydrated, or fully hydrated form when in combination with meat, poultry, or seafood. However, a fully hydrated VPP may not exceed a ratio of 30-parts-to-70-parts uncooked meat, poultry, or seafood. For example, no more than 3 pounds of VPP may be combined with 7 pounds of uncooked ground beef. Only VPP's that have the label statement, "This product

meets USDA-FNS requirements for use in meeting a portion of the meat/meat alternate requirement of the Child Nutrition Programs." may be used as an alternate food.

Enriched macaroni with fortified protein is a macaroni product to which protein has been added. It is not the same as regular enriched macaroni. Enriched macaroni with fortified protein must be combined with meat, poultry, fish, or cheese. Dry enriched macaroni with fortified protein may be used to meet no more than 50 percent of the meat/meat alternate requirement. You may use only the products that appear on the USDA listing of acceptable enriched macaroni with fortified protein, and that have the following statement on the label: "One ounce dry weight of this product meets one-half of the meat or meat alternate requirements of lunch or supper of the USDA Child Nutrition Programs when served in combination with one or more ounces of cooked meat, poultry, fish, or cheese."

### Meat/Meat Alternate Combinations

Using a combination of meat/meat alternates to comply with the requirement is allowed under program regulations. However, it is not recommended because it is more difficult to determine a complete meal with Offer Versus Serve (OVS) which gives students the option to choose 3, 4, or 5 of the foods offered. For those School Food Authorities (SFA) that prefer to use a combination of meat/meat alternates in the main dish and in one other menu item, the lists below show examples. If you choose to use combinations, merchandise them together as a single item because both items must be taken if it is to count as a reimbursable component. For example, if a student takes the soup, he or she must take the sandwich too.

According to the *School Lunch Patterns* chart in appendix D (page 67), the minimum required serving size of meat/meat alternate is 1-1/2 oz for children ages 3-8.

Examples of combinations that meet the 1-1/2 oz requirement:

- 1 oz cooked lean meat + 1/2 oz cheese
- 1 oz cooked fish + 1/4 large egg
- 1 oz cooked lean meat + 1/8 cup cooked dry beans
- 1/4 cup cottage cheese + 1/4 large egg
- 1 oz cooked poultry + 1 tbsp peanut butter
- 1/4 cup cooked dry peas + 1/2 oz cheese
- 2 tbsp peanut butter + 1/2 oz cheese

The minimum required serving size for children age 9 and older is 2 oz of meat/meat alternate.

Examples of combinations that meet the 2 oz requirement:

1 oz cooked lean meat + 1 oz cheese
1 oz cooked fish + 1/2 large egg
1 oz cooked lean meat + 1/4 cup cooked dry beans
1/4 cup cottage cheese + 1/2 large egg
1-1/2 oz cooked poultry + 1 tbsp peanut butter
1-1/2 oz cooked lean meat + 1/2 oz cheese
1/4 cup cooked dry peas + 1 oz cheese
2 tbsp peanut butter + 1 oz cheese

Example: Macaroni and cheese (1 oz cheese) served with 1/2 of a peanut butter sandwich (2 tbsp peanut butter) for the main dish and one other menu item.

Check with your State agency for additional information.

## Vegetable/Fruit Component

Two or more servings of different vegetables and/or fruits must be served to meet the vegetable/fruit requirement. Menu items such as fruit cocktail and mixed vegetables are considered as only one serving. However, large combination vegetable/fruit salads, served as an entree which contain at least 3/4 cup or more of vegetables/fruits in combination with a meat/meat alternate, such as a chef's salad or a fruit plate with cottage cheese, are considered as two or more servings of vegetable/fruit and will meet the full requirement.

The minimum required serving size of the vegetable/fruit component is 1/2 cup (children ages 3-8) or 3/4 cup (children age 9 and older) and it must consist of two or more servings of different items.

Examples of combinations that meet the 1/2 cup vegetable/fruit requirement for children ages 3-8:

- 3/8 cup vegetable + 1/8 cup fruit
- 1/4 cup vegetable + 1/4 cup vegetable
- 1/4 cup vegetable + 1/4 cup fruit
- 1/4 cup fruit + 1/4 cup fruit
- 1/4 cup juice (full-strength) + 1/4 cup vegetable
- 1/8 cup vegetable + 1/8 cup vegetable + 1/4 cup fruit

Examples of combinations that meet the 3/4 cup vegetable/fruit requirement for children age 9 and older:

- 3/8 cup vegetable + 3/8 cup fruit
- 1/4 cup vegetable + 1/4 cup vegetable + 1/4 cup fruit
- 3/8 cup vegetable + 1/4 cup vegetable + 1/8 cup fruit
- 3/8 cup juice (full-strength) + 3/8 cup vegetable
- 1/4 cup juice (full-strength) + 1/2 cup vegetable

Full-strength vegetable/fruit juice may not be used to meet more than *one-half* of the vegetable/fruit requirement. Any product—either liquid or frozen—labeled "*juice,*" "*full-strength juice,*" "*single-strength juice,*" or "*reconstituted juice*" is considered full-strength juice.

"*Juice drinks*" served either in liquid or frozen form may contain only a small amount of full-strength juice. The product label may or may not indicate the percentage of full-strength juice in the product. This information is needed to determine the contribution of the product to the meal. To be used in meeting a part of the vegetable/fruit requirement, the product must contain a *minimum* of 50 percent full-strength juice. Only the full-strength juice portion may be counted to meet the vegetable/fruit requirement.

NOTE: 3 oz of full-strength juice will provide 3/8 cup of vegetable/fruit (one-half of the requirement for students age 9 and older). 2 oz of full-strength juice will provide 1/4 cup of the vegetable/fruit (one-third of the requirement for students age 9 and older or one-half of the requirement for students ages 3-8).

Small amounts (less than 1/8 cup) of vegetables/fruits used for flavoring or an optional ingredient, such as a garnish, may not be counted toward the vegetable/fruit requirement.

As noted before, cooked dry beans or peas may be used as a meat alternate or as a vegetable but *not* as both in the same meal.

Potato chips, corn chips, taco chips, and other similar chips that are considered snack foods may *not* be counted as a vegetable to meet the vegetable/fruit requirement.

NOTE: Rice is not a vegetable. However, Spanish Rice (B-17) counts toward the vegetable requirement because of the vegetables included in the recipe.

Check with your State agency for additional information.

**Bread/Bread Alternate Component**

The daily minimum lunch requirement of bread/bread alternate for children age 3 and older is one serving, however a minimum of eight servings must be provided over a 5-day week.

*A serving is:*

1 slice of whole-grain or enriched bread
1 whole-grain or enriched biscuit, roll, muffin, etc.
1/2 cup of cooked whole-grain or enriched cereal grains such as rice, corn grits, or bulgur
1/2 cup of macaroni, noodle, or other whole-grain or enriched pasta products
OR
a combination of any of the above

NOTE: A serving of coffee cake, doughnuts, fortified grain-fruit products, or sweetrolls made with whole-grain or enriched meal or flour can **only** be used to meet the bread/bread alternate at **breakfast** or as a **snack.**

Schools serving lunch 6 or 7 days per week should increase this specified quantity for the 5-day period by approximately 20 percent (one-fifth) for each additional day. Correspondingly, for each day less than a 5-day week, the school may decrease the quantity by approximately 20 percent (one-fifth).

The following criteria are used as a basis for crediting items to meet the bread/bread alternate requirement:

1. The item must be whole-grain or enriched or made from whole-grain or enriched meal or flour.
2. If it is enriched, the item must meet the U.S. Food and Drug Administration's (FDA) Standards of Identity for enriched bread, macaroni and noodle products, rice, cornmeal, or corn grits.
3. The item must contain whole-grain and/or enriched flour and/or meal as the primary ingredient by weight as specified on the label or according to the recipe, or must be enriched in preparation or processing and labeled "enriched." If a cereal is fortified, the label must so indicate.
4. The item must be provided in quantities specified in the regulations and in minimum serving sizes as specified in the *School Lunch Patterns* chart in appendix D (page 67).
5. The item must serve the customary function of bread in a meal. For a lunch this means the bread item must be served as an accompaniment to, or a recognizable integral part of, the main dish (not merely as an ingredient).

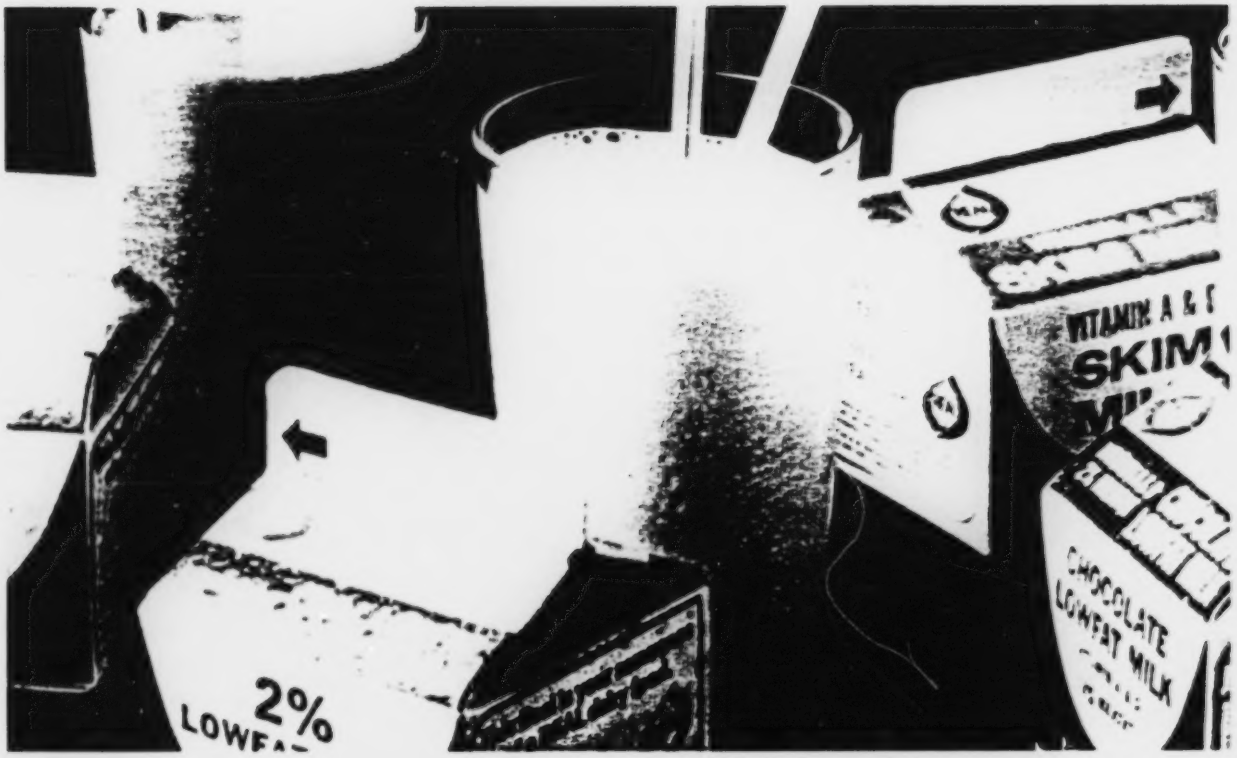
The service of rice, pasta, or other cereal grains does not prohibit the service of an additional bread/bread alternate item in keeping with good menu planning practices, e.g., spaghetti with meat sauce and garlic bread. Additionally, rice, pasta, or other cereal grains may be served in combination with bread or other bread alternates to meet the minimum requirement, e.g., rice and bread.

Enriched macaroni products with fortified protein may be used to meet a part of the meat/meat alternate requirement or to meet the bread/bread alternate requirement, but *not* both in the same meal.

Snack products, such as hard thin pretzels, chips, and similar items made from grain and sweet products (such as cakes and cookies) *may not* be counted as bread/bread alternates.

NOTE: Potatoes are a vegetable and not a bread/bread alternate. Dessert pie crust may *not* be counted as a bread/bread alternate.

Check with your State agency for additional information.




## Milk Component

In the school lunch program, schools *must* offer students:
Fluid **whole** milk, and
Fluid unflavored **lowfat** milk

Lowfat milk is defined by the Food and Drug Administration (FDA) as milk that contains 1/2, 1, 1-1/2, or 2 percent fat.

In addition to offering the above required milk choices, schools have the option of making any other type of milk available. Schools may offer fluid unflavored skim milk, cultured buttermilk, or flavored fluid milk as an option. All fluid milk must meet State and local standards for fluid milk under the Child Nutrition Program regulations for the applicable age or grade. All pasteurized milk shall contain vitamins A and D at levels specified by the FDA and consistent with State and local standards.

The required minimum serving size for children ages 3 to 4 is 3/4 cup (6 fl oz) and for children over age 4 is 1/2 pint (8 fl oz).

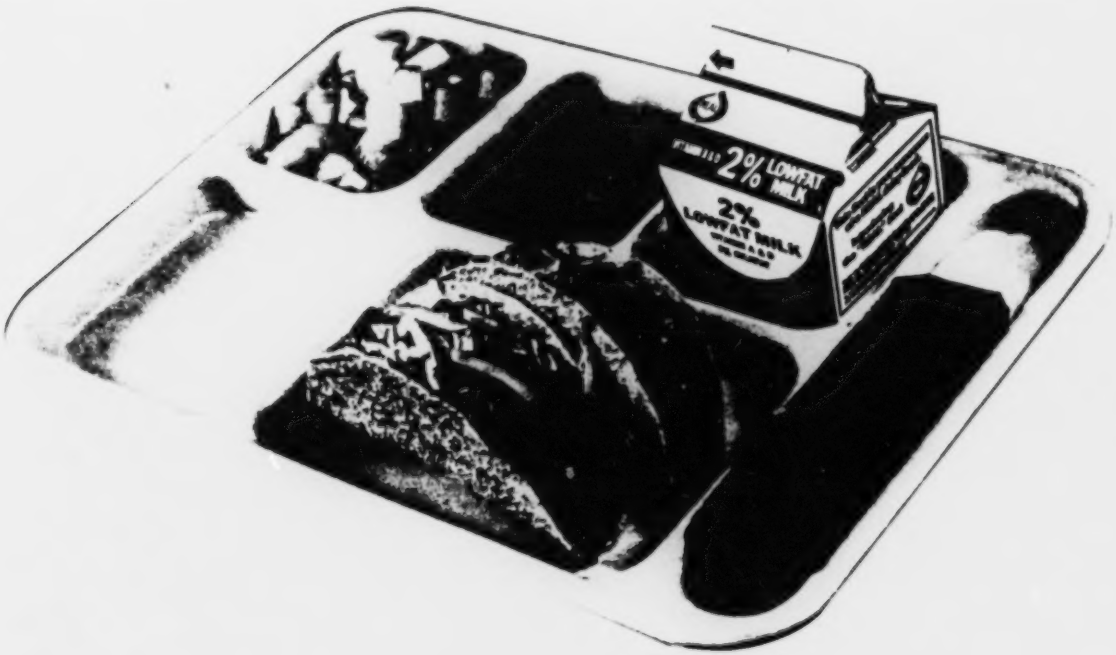
Check with your State agency for additional information.

## Sample Menus Identifying Food Components and Food Items

The chart below shows sample menus, food items, and the food component requirements.

| Sample Menu | Food Item | Food Component |
|---|---|---|
| Pizza (D-31) | Cheese/ground beef<br>Pizza crust<br>Tomato sauce | Meat/meat alternate<br>Bread/bread alternate<br>Vegetable/ |
| | | / |
| Green beans | Green beans | / |
| | | / |
| Fresh fruit | Orange/apple | /fruit |
| Milk | Milk | Fluid milk |

| Sample Menu | Food Item | Food Component |
|---|---|---|
| Deli turkey sandwich | Turkey<br>French roll | Meat/meat alternate<br>Bread/bread alternate |
| Lettuce/tomato | Lettuce/tomato | Vegetable/ |
| | | / |
| Spicy baked apple | Apple | /fruit |
| Milk | Milk | Fluid milk |




| Sample Menu | Food Item | Food Component |
|---|---|---|
| Tacos | Bean/meat and cheese filling | Meat/meat alternate |
| (D-13, 13A) | Taco shells | Bread/bread alternate |
| Lettuce/tomato | Lettuce/tomato | Vegetable/ |
| Mexicali corn (1-12) | Corn | / |
| | | / |
| | | / |
| Fruit cup | Pineapple/peach/pear | /fruit |
| Milk | Milk | Fluid milk |

| Sample Menu | Food Item | Food Component |
|---|---|---|
| Lasagna (D-25) | Cheese/meat sauce | Meat/meat alternate |
| | Tomato sauce | Vegetable/fruit |
| | Pasta | * Bread/bread alternate |
| Garlic bread | Bread | Bread/bread alternate |
| Tossed salad | Lettuce/tomatoes/carrots | Vegetable/ |
| | | / |
| Banana | Banana | /fruit |
| Milk | Milk | Fluid milk |

* Two portions of bread/bread alternate count towards the eight servings required for the week. However, they only count as one item for the day. See page 5 for the Bread/bread alternate requirement.

### Food Item Exercise

Classify these foods according to the food component groups by placing the number of the food item in the appropriate category. Some of the food items can be counted toward the requirements of the school lunch meal pattern and others are "extras." Some food items may fall into more than one category.

1. Enriched spaghetti
2. French fries
3. Canned chicken soup
4. Brownie
5. Enriched taco shells
6. Walnuts
7. Chicken nuggets
8. Lemonade
9. Baked beans
10. Cheddar cheese
11. Hamburger patty
12. Saltine crackers
13. Skim milk, 8 oz
14. Carrot sticks
15. Cupcakes
16. Tuna fish
17. Rice pudding
18. Cranberry sauce
19. Cottage cheese
20. Bacon
21. Apple-honey cobbler
22. Strawberry gelatin
23. Raisins
24. Peanuts
25. A sprig of parsley
26. Whole-grain rice
27. Chocolate milk, 8 oz
28. Sugar cookie
29. Apple juice
30. Potato chips

Food Component Groups

| Meat/ meat alternate | Vegetable/ fruit | Bread/ bread alternate | Milk | Extras/ other foods |
|---|---|---|---|---|



See appendix C (page 59) for the answers.

**Traditional School Lunch Exercise**
*Are These Meals Reimbursable?*

(Assume all portions are one serving.)

1. Taco salad (E-10)
   Rice pudding
   Milk

2. Oven-fried chicken (D-29)
   Mashed potatoes
   Ice cream
   Milk

3. Pizza (D-30, 31, 31A)
   Tossed salad
   Banana
   Milk

4. Spaghetti with meat sauce (D-35)
   Green beans
   Garlic bread
   Milk

5. Chili dog on a bun
   Potato chips
   Gelatin cubes
   Fresh orange wedges

6. Toasted cheese
   sandwich (F-7)
   Broccoli
   Apple wedge
   Milk

7. Deli ham and cheese (or turkey) sandwich
   Pear half
   Milk

8. Beef burrito (D-12)
   Mexicali corn (I-12)
   Milk

9. Chef salad (pre-made)
   Hot roll
   Milk

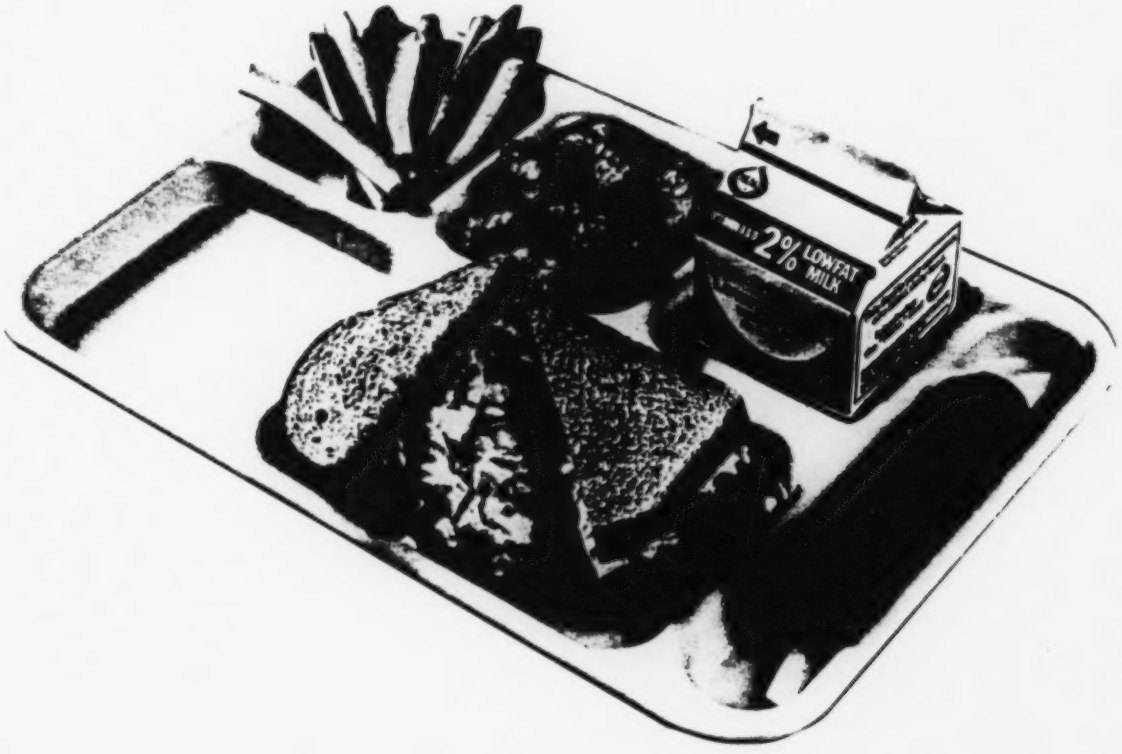
10. Tuna-noodle casserole (D-37)
    Peas
    Crushed pineapple

11. Chicken salad sandwich
    Carrot and celery sticks
    Oven-roasted potatoes
    Milk

12. Chicken nuggets
    Mashed potatoes
    Milk

13. Chili Con Carne with beans (D-20)
    Cornbread (B-9)
    Celery sticks
    Milk

14. Fish portion
    Scalloped potatoes (I-16, 16A)
    Coleslaw (E-6)
    Hot roll
    Milk



15. Macaroni and cheese (D-26)
    Peas
    Small red apple
    Milk

16. Sloppy Joe on Roll (F-5)
    Oven french fries
    Pickle
    Cherry cobbler (C-6)
    Milk

17. Salisbury steak (D-33)
    Peas and carrots
    Whole-wheat roll
    Milk

18. Corn dog
    Macaroni salad (E-7)
    Carrot and celery sticks
    Milk

19. Homemade chicken soup
    Brownie
    Milk

20. Chicken and vegetable pot pie
    Raisins
    Milk

21. Fish sticks
    Rice
    Mixed vegetables
    Milk

22. Peanut butter and jelly sandwich
    Brownie
    Milk

23. Cottage cheese with fruit plate
    Whole-wheat roll
    Milk

24. Hamburger on a bun
    French fries
    Orange gelatin
    Milk

25. Baked potato (I-4) with chili
    Broccoli
    Canned peaches
    Milk
    Sugar cookies

See appendix C (page 61) for the answers.

# Part 2

# The Reimbursable Lunch Under Offer Versus Serve (OVS)

## What a Student Must Be Offered

The first requirement for a reimbursable lunch under OVS is that all five food items must be *offered* (made available) to all students.

The second requirement is that the serving size of each of the five food items must equal the minimum quantities specified in appendix D (page 67), *School Lunch Patterns for Various Age/Grade Groups*. **(Schools that cannot vary portion sizes by age or grade must serve the minimum quantities for age 9 and older.)** Two separate vegetable/fruit food items **must** be offered. The combined serving size of the two vegetable/fruit items **must** total the required minimum quantity by age/grade group for the vegetable/fruit component.

The third requirement is that the lunch must be priced as a unit and students may take 3, 4, or all 5 items for the same price.

## What a Student Must Take

### Senior High School Students

For a lunch to be reimbursable, a senior high school student must take the full portions of **no fewer than three** of the five food items offered. Students are **not** required to take specific food items as long as they choose at least three of the five items offered. When a student has turned down a full portion of one or two items, the student may be offered a smaller portion of those items. The offering of a smaller portion is not mandatory and is a local decision. (For guidance on portion sizes, check with the School Food Authority (SFA) or State agency.) However, the smaller portion(s) cannot count toward meeting the requirements for a reimbursable meal.

### Students Below Senior High Level

Below senior high level OVS is optional. The SFA may decide to allow OVS and how many items students must take; however, which items the students take is their choice. When the SFA elects the **four** food item minimum, a three item lunch is incomplete. For a lunch to be reimbursable, students below the senior high level must take full portions of **at least three or four** (at the SFA's option) of the five food items offered. As with high school students, when a student has turned down a full portion of any item, the school may offer the student a smaller portion of that item. The offering of a smaller portion is not mandatory and is a local decision. However, the smaller portion cannot count toward meeting the requirements for a reimbursable meal.

## Identifying Food Items

In order to be able to identify whether a lunch is reimbursable under OVS, it is necessary to be able to identify the five food items as they appear in a lunch.

| Sample Menu | 5 Food Items | 4 Components |
|---|---|---|
| 1. Oven-baked chicken | 1. Chicken | 1. Meat/meat alternate |
| 2. Green beans | 2. Beans | 2. Vegetable/fruit (2 servings) |
| 3. Canned peaches | 3. Peaches | |
| 4. Hot roll | 4. Bread | 3. Bread/bread alternate |
| 5. Milk | 5. Fluid milk | 4. Fluid milk |

## Sample Menus and Student Choices

The following are examples of typical planned menus showing how OVS functions when implemented correctly. Each of these selections represents a reimbursable lunch, provided that the student is charged a unit price for the lunch.

**Sample Menu (offered):**

| | |
|---|---|
| Hamburger patty on a bun | 2 oz meat + 2 bread items* |
| Oven-roasted potatoes | 1/2 cup vegetable |
| Fresh fruit | 1/4 cup fruit |
| Fluid milk | 1/2 pint |

**Two portions of bread count towards the eight servings required for the week. They count as one item for the day. See page 12 for the bread/bread alternate requirements.*

**Student's Choice (selected):**

Hamburger patty (2 oz) on a bun (meat + bread) and Fluid milk (milk) = **3 food items**

Hamburger patty (2 oz) on a bun (meat + bread) and Oven-roasted potatoes (vegetable) = **3 food items**

Hamburger patty (2 oz) on a bun (meat + bread) and Fresh fruit (fruit) = **3 food items**

Fluid milk (milk), Oven-roasted potatoes (vegetable), and Fresh fruit (fruit) = **3 food items**

Hamburger patty (2 oz) on a bun (meat + bread), Oven-roasted potatoes (vegetable), and Fluid milk (milk) = **4 food items**

***Sample Menu (offered):***

| | |
|---|---|
| Pizza with cheese topping (D-30) | 2 oz cheese and pizza crust made with enriched flour<br>1/4 cup tomato sauce |
| Apple juice | 1/4 cup |
| Salad | 1/2 cup |
| Fluid milk | 1/2 pint |

***Student's Choice (selected):***

Cheese pizza (bread + meat alternate + vegetable) and Fluid milk (milk) = **4 food items**

Cheese pizza (bread + meat alternate + vegetable) and Apple juice (fruit) = **3 food items**

Apple juice (fruit), Salad (vegetable), and Fluid milk (milk) = **3 food items**

Cheese pizza (bread + meat alternate + vegetable), Apple juice (fruit), and Salad (vegetable)= **4 food items**

***Sample Menu (offered):***

| | |
|---|---|
| Fish sticks | 2 oz meat |
| Rice | 1/2 cup bread alternate |
| Mixed vegetables | 3/8 cup vegetables |
| Orange | 3/8 cup orange slices |
| Fluid milk | 1/2 pint |

***Student's Choice (selected):***

Fish sticks (2 oz meat), Rice (bread alternate), and Fluid milk (milk) = **3 food items**

Fish sticks (2 oz meat), Mixed vegetables (vegetable), and Fluid milk (milk) = **3 food items**

Fish sticks (2 oz meat), Rice (bread alternate), and Orange (fruit) = **3 food items**

Fish sticks (2 oz meat), Rice (bread alternate), and Mixed vegetables (vegetable) = **3 food items**

Mixed vegetables (vegetable), Rice (bread alternate), and Fluid milk (milk) = **3 food items**

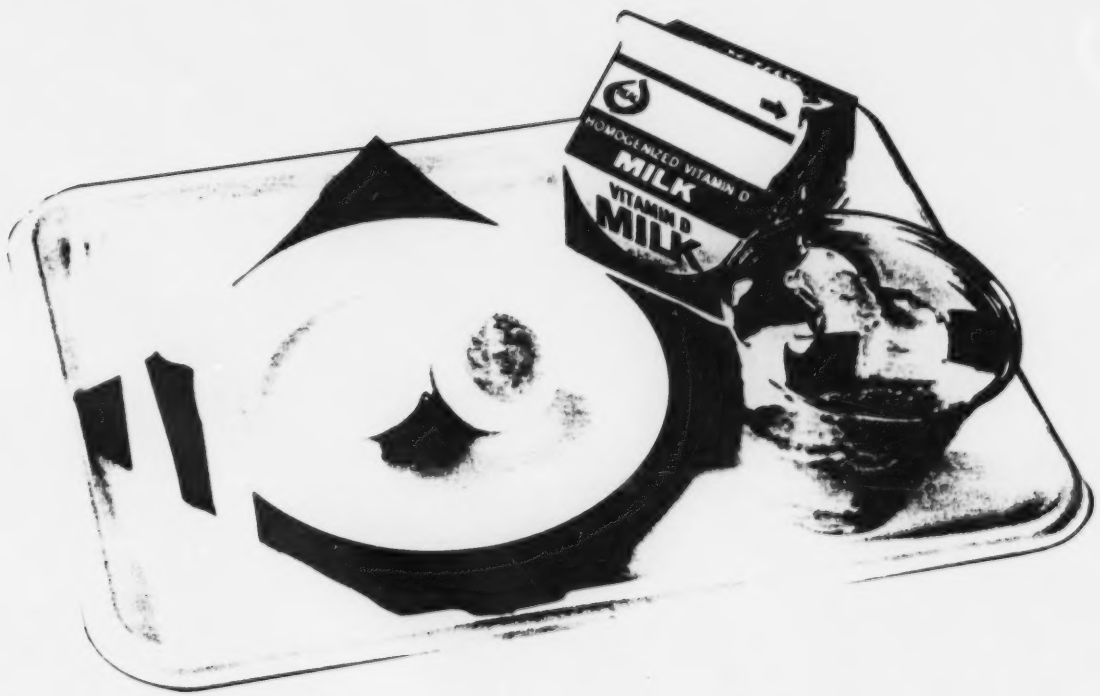
Mixed vegetables (vegetable), Orange (fruit), and Fluid milk (milk) = **3 food items**

Fish sticks (2 oz meat), Rice (bread alternate), Mixed vegetables (vegetable), and Fluid milk (milk) = **4 food items**

**Exercises in Identifying a Reimbursable Lunch Under OVS**

| Lunch Menu: | Student Takes: | Reimbursable Meal? |
|---|---|---|
| Hamburger patty (2 oz)<br>Bun (whole)<br>Lettuce leaf and<br>tomato slice<br>(1/4 cup total)<br>Small apple (1/2 cup)<br>Milk (1/2 pint) | Hamburger patty<br>Bun<br>Apple | |
| Hamburger patty (2 oz)<br>Bun (whole)<br>Lettuce leaf and<br>tomato slice<br>(1/4 cup total)<br>Small apple (1/2 cup)<br>Milk (1/2 pint) | Hamburger patty<br>Milk<br>Milk | |
| Hamburger patty (2 oz)<br>Bun (whole)<br>Lettuce leaf and<br>tomato slice<br>(1/4 cup total)<br>Small apple (1/2 cup)<br>Milk (1/2 pint) | Hamburger patty<br>Lettuce leaf<br>Apple | |

See appendix C (page 63) for the answers.


HOMOGENIZED VITAMIN D
MILK
VITAMIN D
MILK

# Part 3

## Meal Pattern Requirements in the School Breakfast Program

In order to improve the nutritional value of the breakfasts provided to children in the School Breakfast Program (SBP), a new breakfast meal pattern regulation was published on May 1, 1989. It requires that an additional food item be added to school breakfasts. A complete school breakfast now consists of:

*one serving of:*
Fluid milk, and

*one serving of:*
Vegetable/fruit or full-strength juice, and

*two servings of either:*
Bread/bread alternate,
*or* Meat/meat alternate,
*or* one serving of Bread/bread alternate and one of Meat/meat alternate.

### Milk Component

To meet the requirements of the breakfast meal pattern, 1/2 pint of fluid milk must be offered to all students age 6 or older. The fluid milk may be served as a beverage, on cereal, or both. Choices of whole milk, lowfat milk, skim milk, or buttermilk should be offered whenever possible. The milk should meet State and local standards for pasteurized fluid milk and should contain vitamins A and D at levels specified by the Food and Drug Administration (FDA) and consistent with State and local standards.

### Vegetable/Fruit Component

Students age 6 or older must be offered a 1/2 cup serving of a vegetable/fruit, or full-strength vegetable/fruit juice.

If more than one vegetable/fruit item is being offered, the total quantity must be 1/2 cup for children age 6 and older. For example, the menu may contain two 1/4 cup servings of two different vegetables/fruits.

### Meat/Meat Alternate Component

Foods that meet the meat/meat alternate requirement in the SBP are:

- 1 oz serving of meat, poultry, or fish
- 1 oz of cheese
- 1/2 large egg
- 2 tbsp of peanut butter or other nut and seed butters
- 4 tbsp of cooked dry beans or peas
- 1 oz of nuts and/or seeds

or

an equivalent quantity of any combination of any of these foods

Use a variety of meat/meat alternates — eggs, ground beef, pork, cheese, dried peas and beans, fish, poultry, or peanut butter and other nut and seed butters and peanuts, soy nuts, tree nuts, or seeds.

A double serving of a meat/meat alternate will count as two food items toward the breakfast requirement, e.g., one large egg omelet (a large egg equals two food items), or cheese omelet (1/2 large egg and 1 oz cheese equal two food items).

## Bread/Bread Alternate Component

A serving of bread/bread alternate is defined as one slice of enriched or whole-grain bread or an equivalent serving of biscuit, muffin, cornbread, etc., made of whole-grain or enriched flour. A serving of cooked whole-grain cereal or enriched or fortified cereal such as rice, corn grits, or bulgur also meets the requirement for a bread/bread alternate. While a serving of coffee cake, doughnuts, or sweetrolls made with whole-grain or enriched meal or flour qualifies as a bread/bread alternate, these items should be offered only once or twice a month because of their high sugar content.

A full serving of bread/bread alternate may be one food item or may be split among two food items of that same component as long as the combined total quantity is equal to a full serving.

Example: One full serving for a student age 6 or older: 1/2 biscuit and 1/2 slice of toast *or* 1/2 muffin and 1/2 serving of cereal

Two servings of either a bread/bread alternate or meat/meat alternate or one bread and one meat must be offered. A double serving of the **same** bread/bread alternate will count as two food items toward the breakfast requirements, e.g., two pancakes, or one whole waffle.

# Part 4

## The Reimbursable Breakfast Under Offer Versus Serve (OVS)

Prior to 1989, all students participating in the School Breakfast Program (SBP) were required to take all three food items from the three-component breakfast. However, in May 1989 when the breakfast pattern was changed to require that four food items be offered, local School Food Authorities (SFA) were allowed the option to extend OVS to the SBP. Under this provision, the local SFA may allow students to decline one item that they do not intend to consume. The decision as to which food item to decline rests solely with the student.

To count as a component, the student must take a full serving of that component. The full serving may be one food item or may be split among two or more food items of the same component (i.e., bread/bread alternate or meat/meat alternate component), as long as the combined total quantity taken of the component is equal to a full serving of that component.

Example: One full serving for a student 6 years or older:
1/2 slice toast and 1/2 oz enriched cereal
*or*
1/2 oz lean meat and 1/2 oz cheese

However, if the student only selected a half serving of bread/bread alternate and a half serving of meat/meat alternate such as a half slice of cheese toast (1/2 oz cheese, 1/2 slice bread), no credit would be given for either the meat alternate or the bread.

A double serving of the bread/bread alternate or meat/meat alternate will count as two food items toward the breakfast requirements, e.g., one whole muffin (large), or egg and cheese omelet (1/2 large egg and 1 oz of cheese). However, as in the National School Lunch Program, a second serving of vegetable/fruit or juice or a second serving of milk will not count towards the breakfast requirements.

## What a Student Must Be Offered

The first requirement for a reimbursable breakfast under Offer Versus Serve (OVS) is that all four food items must be offered (made available) to all students. The four items that must be offered consist of:

*One* serving of fluid milk
*One* serving of vegetable/fruit, or full-strength fruit juice or vegetable juice, and either
*Two* servings of bread/bread alternate
*OR*
*Two* servings of meat/meat alternate
*OR*
*One* serving of meat/meat alternate and one serving of bread/bread alternate

The second requirement is that the serving size of those four required food items must equal the minimum quantities specified in appendix D (page 68), *School Breakfast Meal Pattern Requirements*. (The bread/bread alternate and meat/meat alternate components consist of a total of two or more servings, as shown above. The total serving size of these components must equal the required minimum quantity by age/grade group for each of the two food items.)

Any of the following combinations will fulfill the breakfast meal requirements:

*Combination 1*

1. Fluid milk
2. Vegetable/fruit or fruit juice or vegetable juice
3. Meat/meat alternate
4. Meat/meat alternate

*Combination 2*

1. Fluid milk
2. Vegetable/fruit or fruit juice or vegetable juice
3. Bread/bread alternate
4. Bread/bread alternate

*Combination 3*

1. Fluid milk
2. Vegetable/fruit or fruit juice or vegetable juice
3. Meat/meat alternate
4. Bread/bread alternate

## What a Student Must Take

For a breakfast to be reimbursable under OVS, a student must take full portions of at least *three* of the four food items offered. (For guidance on portion sizes, see appendix D (page 66) of this manual.) When a student has turned down a full portion of an item, the student may be offered a smaller portion of the item. The offering of a smaller portion is not mandatory and is a local decision. However, the smaller portion cannot count toward meeting the requirements for a reimbursable meal. Breakfast must be priced as a unit and the same price charged whether 3 or 4 items are taken.

## Sample Menus and Student Choices Under OVS

The following are examples of typical planned menus showing how OVS functions when implemented correctly. Each of these selections represents a reimbursable breakfast, provided that the student is charged a unit price for the breakfast.

***Sample menu (offered):***

| | |
|---|---|
| Orange wedges | 1/2 cup |
| Cheese toast | 1 slice bread + 1 oz cheese |
| Fluid milk | 1/2 pint |

***Student's choice (selected):***
Orange wedges (fruit) and Cheese toast (bread and meat alternate) = **3 food items**

Fluid milk (milk) and Cheese toast (bread and meat alternate) = **3 food items**

***Sample menu (offered):***

| | |
|---|---|
| Sliced peaches | 1/2 cup |
| Whole bagel | 2 bread items |
| Fluid milk | 1/2 pint |

***Student's choice (selected):***
Sliced peaches (fruit) and Whole bagel (2 breads) = **3 food items**

Sliced peaches (fruit), 1/2 Bagel (1 bread), and Fluid milk (1/2 pint) = **3 food items**

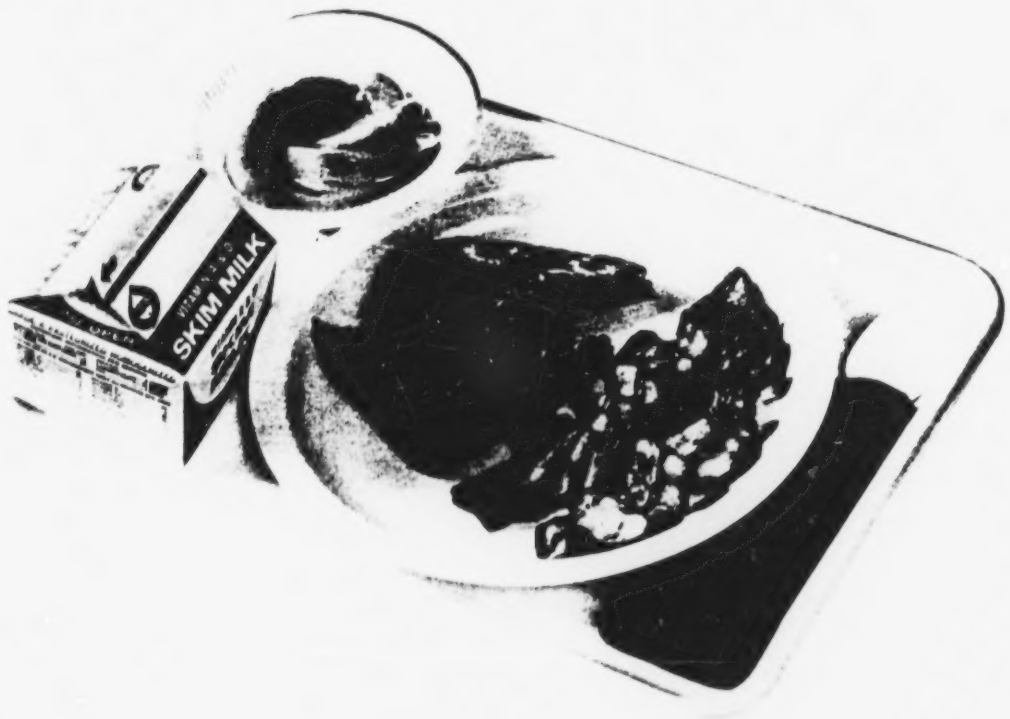
Whole bagel (2 breads) and Fluid milk (milk) = **3 food items**

## Exercises in Identifying a Reimbursable Breakfast Under OVS

| Menu: | Student Takes: | Reimbursable Breakfast? |
|---|---|---|
| Fruit cup (1/2 cup)<br>Hard-cooked egg<br>(1 large)<br>Whole-wheat toast<br>(1 slice)<br>Fluid milk<br>(1/2 pint) | Fruit cup<br><br>Hard-cooked egg | |
| Orange slices<br>(1/4 cup)<br>Apple wedges<br>(1/4 cup)<br>Bagel (1)<br>Fluid milk (1/2 pint) | Orange slices<br><br>Bagel | |
| Grape juice<br>(1/2 cup)<br>Cheese toast<br>(1 oz cheese)<br>(1 slice toast)<br>Fluid milk (1/2 pint) | Cheese toast<br><br>Fluid milk | |

| | |
|---|---|
| Sliced peaches (1/2 cup)<br>Ready-to-eat cereal (3/4 cup)<br>Raisin toast (1 slice)<br>Crisp bacon (1 slice)<br>Fluid milk (1/2 pint) | Sliced peaches<br>Raisin toast<br>Crisp bacon |
| Orange and grapefruit sections (1/2 cup)<br>Pancakes (2)<br>Fluid milk (1/2 pint) | 1 Pancake<br><br>2 Fluid milks |

See appendix C (page 64) for the answers.



# Part 5

# Substitutions or Variations in the National School Lunch and School Breakfast Programs

### Medical or Special Dietary Needs

The programs' regulations allow substitutions on a case by case basis for the basic meal requirements if a child is unable to consume the required food because of medical or other special dietary needs. (See FNS Instruction 783.2, Rev.1, 6/6/88.)

*Example:* A child with lactose intolerance may receive a substitute in place of the milk requirement.

All exceptions **must** be supported by a statement from a recognized medical authority that includes recommended substitute foods. The statement should be maintained on file in the school.

For handicapped students, where the handicap is certified by a physician or designated school official, substitutions must be made when their handicap restricts their diet. These substitutions must be supported by a statement signed by a physician and maintained on file in the school.

Reimbursement for meals served with an authorized substitute food may be claimed at the same reimbursement rate as meals that meet the regular meal pattern. However, there must **not** be an additional charge to the child for the substituted food.

### Religious, Ethnic, or Economic Needs

The Food and Nutrition Service (FNS), the Federal agency that regulates these programs, may approve variations in the food components of the meals on an experimental or on a continuing basis in any school where there is evidence that such variations are nutritionally sound and are necessary to meet religious, ethnic, or economic needs. However, these exceptions must be granted by FNS, U.S. Department of Agriculture, Washington, DC.

*Example*: There are approved variations for Jewish and Seventh-day Adventist schools. (See FNS Instructions 783-13, Rev. 1, 5/22/89, and 783-14, 12/30/83.)

### Foreign Meal Patterns

Schools in American Samoa, Puerto Rico, and the Virgin Islands may serve a starchy vegetable such as yams, plantains, or sweet potatoes to meet the bread/bread alternate requirement. For the Commonwealth of the Northern Mariana Islands, FNS has established a meal pattern that is consistent with local food consumption patterns and which, given available food supplies and food service equipment and facilities, provides optimum nutrition consistent with sound dietary habits for participating children.

For further information, check with your State agency.

### Milk Supply

If emergency conditions temporarily prevent a school that normally has a supply of fluid milk from obtaining delivery of the milk, the State agency may approve the service of meals during the emergency period either with an available alternate form of milk or without milk.

For further information, check with your State agency.

## Pricing Lunches and Breakfasts

### Unit Pricing

The programs' regulations require that both school lunches and breakfasts be priced as a unit. In addition, regulations state that the Offer Versus Serve (OVS) provision is not to affect the selling price for the lunch or breakfast established by the School Food Authority. Regardless of which items a student chooses, he/she must pay the established paid or reduced-price meal charge, as appropriate. Students eligible for free meals pay nothing.

### A la Carte

If a school provides "a la carte" service, any combination of foods that would comprise the minimum three (or four) required food items of the planned school meal may be sold at the unit price for school breakfast or lunch. The meal may be claimed for reimbursement **as long as** all five food items are made available to each student for lunch and all four for breakfast. Also, in this case, "a la carte" items would have to be made available free to children eligible for free meals. If students choose fewer than the minimum required food items, "a la carte" prices should be

charged. Also, if they choose additional foods that are not planned and merchandised as part of the school meal, they should pay the "a la carte" price for those other items. "A la carte" prices should be set to cover the total cost of each menu item.

### Equal Access for All Students—Free, Reduced-price, and Paid

When a school offers a selection of more than one type of meal or when it offers a variety of foods and fluid milk for choice within the required meal pattern, the school must offer all children the same selection regardless of whether the children are eligible for free or reduced-price meals or pay the full price. If certain items are not made available to all children, including those receiving free or reduced-price meals, those items may not be counted toward reimbursable meals. The school may establish different unit prices for each type of lunch served provided that the benefits made available to children eligible for free or reduced-price meals are not affected. For example, if you have a "super" lunch with a milk shake or other premium item, the full meal must be available to the free and reduced-price participants at no additional charge.

## Menu Planning

### Student Acceptance

Planning menus in schools requires special care. Not only must meals be planned to meet meal requirements, but school food service managers must strive to provide acceptable meals that students will want to eat. The manager's goal should be to plan a meal in which each menu item is acceptable to students so that students will want to consume the full meal. Only then will students receive the full nutritional value of the meal offered to them.

To achieve this goal, managers must know the preferences of their student customers. Two ways to learn students' choices are to have tasting parties for students and for students to help plan menus. Another way is to review past food production records and food waste each time menus are planned, to evaluate student acceptance of each menu item. If, over time, you observe that an item is unpopular, try revising the recipe or using a different brand of a processed product before substituting more popular foods.

## Offering Choices

Extra consideration should be given to offering choices of different foods in each food component group. Offering choices gives students more of an opportunity to select foods they will eat, and recognizes the fact that not all students have the same tastes. It also increases the chances that students will select a full meal. For instance, if several fruits and vegetables were offered, chances are students will take the two they will eat. One of the goals of the National School Lunch Program and School Breakfast Program is to encourage the consumption of a wide variety of nutritious foods in well-balanced, healthful meals. With careful planning, offering choices can result in increased customer satisfaction and less food waste.

## Practical Menu Planning Tips

The suggestions in this section are offered as tips to make your lunches and breakfasts more attractive to students. The success of your school lunch and breakfast programs depends on how appealing students find the meals. In areas where OVS is implemented, attractiveness of the components is particularly important in order to ensure that students will take meals that meet minimum requirements for reimbursement.

Although regulations allow the meat/meat alternate to be served in the main dish **or** in the main dish and in one other menu item, it is easier to determine that a complete component has been taken if the main dish contains the full serving of a meat/meat alternate. If a menu is occasionally planned in which the meat/meat alternate is split between menu items, such as soup and sandwich combination, merchandise and serve the two items together.

Combination main dishes can also be used in the breakfast program:

- Try combination dishes such as grits-cheese casserole, breakfast burritos, and sandwiches.

- Nuts and seeds can also be blended into pancake and waffle batters.

- Mix nuts and seeds with dried fruits to serve "as is" or as a topping for hot cereal.

In schools that do not offer choices of meat/meat alternates each day, no one form of meat should be served more than three times a week. "Form of meat" refers to ground, sliced, pieces, etc. For example, this recommendation means that four items made with ground beef, such as tacos, spaghetti with meat sauce, hamburgers, and meat loaf should not be served in a single week. This is also true for meat alternate foods: cheese, cooked dry beans or peas, eggs, peanut butter and other nut and seed butters and peanuts, soy nuts, tree nuts, or seeds. Thus, for example, four cheese items such as grilled cheese sandwich, macaroni and cheese, cheese pizza, and cheese lasagna should not all be served in a single week. Schools that do offer choices of meat/meat alternates each day may serve any one meat alternate or form of meat as frequently as good menu planning practices allow. Plan only full servings of bread/bread alternate. If there are two menu items containing bread, be sure each of these items contains a full serving of bread.

Example: Serve chicken with a full serving of rice and a dinner roll; then both the rice and the roll can be counted as a bread/bread alternate.

Different kinds of breads can be used in the breakfast program as well:

- Use a variety of hot breads such as cornbread, and different kinds of muffins and biscuits.
- Try breakfast rolls made with bulgur, rolled wheat, or oats.
- Breakfast sandwiches, pancakes, waffles, or french toast add a variety of menu options.
- Serve hot cereals or use prepackaged, preportioned dry cereals, including those made from enriched or whole-grain wheat, corn, rice, and oats.

For lunch, plan three or more choices of vegetables/fruits in equal, standard serving sizes (1/4 cup servings for ages 5 to 8 and 3/8 cup servings for age 9 and older) from which students are likely to select two. Remember that a serving of mixed vegetables/fruits (e.g., peaches and pears or peas and carrots) counts only as one food item. Also, a second serving of the **same** vegetable(s)/fruit(s) cannot be counted because of the requirement that the two vegetable/fruit servings must be from different sources.

See appendix D (page 66) for the chart showing recommended scoop sizes.

Studies indicate students consume more fruits, raw vegetables, and potatoes than other cooked vegetables (example: students take more orange wedges than cooked spinach). Plan larger portions of these foods and smaller portions of cooked vegetables.

- Use fresh, canned, frozen, and dried fruits interchangeably.

See the *Menu Planning Guide for School Food Service*, Program Aid Number 1260, for general principles of menu planning.

## Production Planning

### Food Production Records

If properly implemented, OVS should reduce food waste, since students would not be forced to accept food they do not wish to eat. The reduction of food waste may not be achieved, however, unless managers take care to avoid overproduction. To ensure proper planning for OVS, managers will need to keep accurate daily records of food production for each menu item. The food production record should show the quantities of foods prepared and left over each time the menu is served. The record should also include a space for other pertinent information about the day's production, such as overproduction due to a class field trip when the manager was not notified and comments on student acceptance of each menu item. These records then become a valuable planning tool, since they can be used along with other pertinent information to estimate the amounts of each menu item to prepare the next time it is served.

### Cycle Menus

Because cycle menus repeat themselves, they too can be very helpful in making production estimates more accurate. (For further information on cycle menus, refer to the *Menu Planning Guide for School Food Service*, Program Aid Number 1260.)

## Quantities

The FNS publication entitled *Food Buying Guide for Child Nutrition Programs* (Program Aid Number 1331) is a valuable aid in determining proper quantities of food to purchase to ensure compliance with portion sizes required under the National School Lunch and School Breakfast Programs. This guide, when used with food production records, provides the information needed to ensure that the proper amounts of food are prepared. Schools participating in the child nutrition programs may obtain copies of the *Menu Planning and Food Buying Guides* from State agencies free of charge.

## Commonly Asked Lunch and Breakfast Questions

1. **Q.** What is the minimum number of food items students must select in order for a school lunch to be considered reimbursable?

   **A.** Senior high school students must choose at least three of the five required food items offered. If the School Food Authority (SFA) decides to implement Offer Versus Serve (OVS), students below the senior high school level must choose at least three (or, depending on local policy, four) of the five required food items offered. Students may also take "other" foods that do not meet the requirements of the meal pattern, but these may not be counted toward meal pattern requirements. In grade levels or schools that have not been approved to implement OVS, all five food items must be selected in order for meal pattern requirements to be met.

2. **Q.** What is the minimum number of food items students must select in order for a school breakfast to be reimbursable?

   **A.** If the SFA implements OVS, students must choose at least three of the four food items offered. As with school lunch, students may also take "other" foods that do not meet the requirements of the meal pattern, but these may not be counted toward meal pattern requirements. In grade levels or schools that have not been approved to implement OVS, all four food items must be taken in order for meal pattern requirements to be met.

3. **Q.** May the State agency mandate or prohibit OVS?

   **A.** No. At the senior high school level, both the legislation and regulations clearly require SFA's to implement OVS in the National School Lunch Program (NSLP). However, in the NSLP below senior high school level and in the School Breakfast Program regardless of level, the authority to implement OVS is delegated **solely** to the SFA.

4. **Q.** May the SFA choose not to implement OVS and mandate the service of a traditional meal to students?

   **A.** *Lunch* - The SFA must implement OVS for senior high school students. The SFA has the option of implementing or not implementing OVS in elementary, middle, and junior high schools.

   *Breakfast* - The SFA has the option of implementing or not implementing OVS in any of the schools under its jurisdiction.

5. **Q.** May the school require students to take one or more specific food item(s) under OVS?

   **A.** No, except in the case of combination dishes containing three or more food items or of those preplate delivery systems where the food is prepared and packaged off-site as a unit before delivery to the serving site. Otherwise, the choice of which food items to decline rests solely with the student.

6. **Q.** Must a school with a preplate food delivery system implement OVS?

   **A.** No. The Congressional intent is to allow students to refuse food items they do not intend to consume, thereby reducing food waste and food costs resulting from the wasted food. Generally, a preplate delivery system does not allow students the option of declining or taking a smaller portion of any one or two of the required food items. To require schools with a preplate delivery system to convert to a system that packages food items separately just for the purpose of implementing OVS would be unreasonable and would defeat the objective to reduce costs.

7. **Q.** How could a school with a preplate food delivery system implement OVS?

   **A.** Schools using a preplate delivery system may want to investigate the cost of modifying their system to something that is more

conducive to implementing OVS. Two alternatives are: (1) to individually portion and package each menu item or (2) to convert to a modified bulk delivery system where some food can be portioned at the point of service. In examining alternatives, consideration should be given to the cost of packaging, storage, transportation, and labor, along with the cost savings expected from implementing OVS.

8. **Q.** How can students experience unfamiliar food items under OVS?

   **A.** Schools that have implemented OVS may offer their students either a sample taste or a small portion of new food items. This must be in addition to the three (or four) required food items needed for a reimbursable meal. (See page 22 for full explanation of smaller portions.)

9. **Q.** At levels below senior high school, may SFA's decide to implement OVS in some schools within their jurisdiction and not in others? How about in some grades and not in others? How about on some days and not others?

   **A.** Yes. However, the SFA should consider the practicality of such decisions.

10. **Q.** Should the SFA make an effort to encourage students to choose all of the required food items?

    **A.** Yes. SFA's should continue to use effective food service merchandising techniques, such as offering additional choices to encourage students to accept and learn to like a variety of foods served.

11. **Q.** May a student select a second serving of any one food item to count toward the three (or four) required food items, e.g., taking a second bread or milk?

    **A.** *Lunch*—No. All three required food items selected must be different to be counted as a reimbursable lunch. If a student desires a second serving of any one food item or items that are beyond the requirement of any one component, it must not be counted as part of the meal pattern. Such extra food items are considered as "other foods" that are separate from the

reimbursable meal and may be available at extra charge as "a la carte" items. (Many SFA's give away extras with the reimbursable meals.)

*Breakfast*—A student may select two servings of either a bread/bread alternate or meat/meat alternate. In contrast to the NSLP a double serving of the same food in the bread/bread alternate or meat/meat alternate group will count as two food items toward the breakfast requirements. However, a second serving of vegetable/fruit or juice or a second serving of milk will **not** count toward the breakfast requirements.

12. **Q.** If a school participates in OVS, and also provides "a la carte" service, how can a cashier tell if a tray with three food items such as a hamburger patty, a bun, and milk should be sold at "a la carte" prices or at the school lunch unit price?

    **A.** Students must be aware that a planned meal is offered that consists of five required items. Any combination of food available as part of the planned meal which would comprise the minimum three (or four) required food items may be sold at the school lunch unit price and claimed for reimbursement. This same meal must be made available at free or reduced-price to students eligible for free or reduced-price meals. If a student chooses fewer than three (or four) food items, reimbursement cannot be claimed and the "a la carte" price should be charged. If a student chooses additional foods that are not planned and merchandised as part of the school lunch meal pattern, the student should pay the "a la carte" price of those other items. "A la carte" prices should be established to cover the total cost of each menu item.

13. **Q.** Can the charge for the lunch or breakfast be reduced if students take fewer than the five required items in lunch and the four required items in breakfast?

    **A.** No. The National School Lunch Act requires paying students to pay the full meal price and students eligible for the reduced-price to pay the current reduced-price charge regardless of whether they take the minimum number (three or four) food items or all five food items offered. The intent of this requirement is to maintain incentives and encouragement for students to take all food items offered.

14. **Q.** Can nuts and seeds fulfill the meat/meat alternate requirement for school breakfast?

    **A.** Nuts and seeds can be credited for up to **one** serving of the meat/meat alternate for the SBP. No more than 1 oz of nuts and/or seeds may be served in any one meal. Caution: Children under 5 are at the highest risk of choking. It is recommended that nuts and/or seeds be served ground or finely chopped in a prepared food.

15. **Q.** Will the FNS-approved formulated grain-fruit products still meet the bread/bread alternate and fruit or juice requirements for the new breakfast meal requirements?

    **A.** The formulated grain-fruit products meet the fruit or juice requirements and only one of the bread/bread alternate requirements. A second serving of bread/bread alternate or a serving of meat/meat alternate and fluid milk is also required to be offered for a complete breakfast. Manufacturers were required to update their labels to reflect this contribution no later than March 30, 1990. Revised product labels state, "This product conforms to USDA Child Nutrition Program specifications. For breakfast, it meets the requirements for fruit/vegetable juice and one bread/bread alternate."

# Part 6

# Appendix A
# Glossary

**Child Nutrition Label (CN Label)** - A label that tells how the labeled product can be "credited" or "counted" towards meeting the meal pattern requirements of the Child Nutrition Programs. These labels are a part of a voluntary technical assistance program administered by the Food and Nutrition Service in conjunction with the Food Safety and Inspection Service (FSIS) and Agricultural Marketing Service (AMS) of the U.S. Department of Agriculture (USDA) and National Marine Fisheries Service of the U.S. Department of Commerce for the Child Nutrition Programs. Under this program, a manufacturer's recipe or product formulation is reviewed to determine the contribution a serving of a commercially prepared product makes toward meal pattern requirements.

**Credit** - (Also see Child Nutrition Label.) To count or contribute toward meeting the requirements for particular components of the meal pattern under the Child Nutrition Programs. Full credit depends on both the amount and formulation of the food item.

**Food and Drug Administration (FDA)** - An independent agency of the Federal government that determines Standards of Identity and acceptable fortification levels for various food items that may be served in the school lunch program.

**Food Component** - One of the four food groups that compose the reimbursable school lunch or school breakfast, i.e., meat/meat alternate, bread/bread alternate, vegetable/fruit, and milk.

**Food Item** - The specific food used to fulfill the meal component requirement.

(a) In the lunch program this may be any one of the five required foods that compose the reimbursable school lunch, i.e., one serving of meat/meat alternate, one serving of bread/bread alternate, two servings of *different* vegetables or fruits or one serving of a fruit and one of a vegetable, and one serving of fluid milk.

(b) In the breakfast program the food items are any one of the four required foods that compose the reimbursable school breakfast, i.e., one serving of fluid milk, one serving of fruit/vegetable *and* either two servings of bread/bread alternate, two servings of meat/meat alternate, or one serving of bread/bread alternate and one serving of meat/meat alternate.

**Menu Item** - The foods named on the school menu to be served on a given day. A menu item consists of any planned main dish, vegetable/fruit, bread, fluid milk, and "other foods" that do not contribute to meal pattern requirements but are served to help round out the meal.

**Meal Pattern** - Foods required for the reimbursable lunch or breakfast as listed in the meal pattern charts (See the Meal Pattern charts in appendix D (pages 67 and 68) of this manual).

**National School Lunch Program (NSLP)** - A program authorized by the National School Lunch Act (1946) under which participating schools operate a nonprofit lunch service following the required Federal meal pattern guidelines and in accordance with Federal regulations (7 CFR Part 210). Cash and donated food assistance are made available to schools participating in this program.

**Offer Versus Serve (OVS)** - Under the "Offer Versus Serve" provision, students may decline up to two of the five required food items offered in the reimbursable lunch, and one of the four required food items offered in the reimbursable breakfast.

**State Agency (SA)** - The State educational or other agency designated by the Governor or other appropriate executive or legislative State authority and approved by USDA to administer the Child Nutrition Programs in schools.

**School Breakfast Program (SBP)** - A program authorized by the Child Nutrition Act of 1966 which provides cash assistance to schools serving breakfasts to children. Participating schools must operate a nonprofit breakfast program, serve breakfasts meeting specific meal patterns, and otherwise follow Federal regulations (7 CFR Part 220).

**School Food Authority (SFA)** - The local governing body which is responsible for the administration of one or more schools and which has legal authority to operate a breakfast and/or lunch program.

**"Traditional" lunch** - A school lunch in which full portions of all five required food items are served to students on trays or the equivalent. Students are not permitted to decline any of the required food items in the reimbursable meal.

# Appendix B
# Background

## History of Meal Requirements in the National School Lunch Program

During the Depression of the early 1930's, millions of schoolchildren were unable to pay for a lunch at school, or, had little at home to bring for lunch. Because so many families had such limited resources, the danger of malnutrition among children became a national concern. At the same time, farmers had surplus agricultural commodities they were unable to sell. As a solution to these problems, in 1935 Congress provided that surplus agricultural commodities be donated for the school lunch program.

Then, during World War II, nearly one-third of the young men turned down for military service were rejected due to nutritional deficiencies. This led to the passage of the National School Lunch Act in 1946, permanently establishing school lunch as an integral part of the school system. The goal of the National School Lunch Program is to safeguard the health and well-being of our Nation's children while at the same time encouraging the domestic consumption of nutritious agricultural commodities.

Originally, schools were given the option of providing one of three different types of lunches. The first, the Type A lunch, was designed to provide one-third to one-half of the minimum daily nutritional requirements of a school-age child. A Type A lunch consisted of: 1) 1/2 pint of whole milk; 2) 2 ounces of meat, poultry, fish, or cheese; or 1/2 cup of cooked dry peas, beans, or soybeans; or 4 tablespoons of peanut butter; or one egg; 3) 6 ounces of raw, cooked, or canned vegetables and/or fruit; 4) one portion of bread, muffins, or other hot bread made of whole-grain cereal or enriched flour; and 5) 2 teaspoons of butter or fortified margarine. Type A lunches received the maximum rate of reimbursement.

The second option, Type B, was nutritionally less adequate and was intended to allow schools with limited food service facilities to participate in the program. Type B lunches received a smaller reimbursement than Type A lunches. Type C lunch was the third option, consisting of 1/2 pint of whole milk; it received the smallest reimbursement.

Over the years, important decisions and nutritional research have brought changes to the National School Lunch Act. In 1958, amendments required that a Type A lunch be priced as a unit in order to encourage maximum participation in that lunch. At the same time, Type B lunches were eliminated, primarily because so few schools used this option and a Type A lunch provided materially greater nutrition. Also, at this time the definition of the vegetable component was clarified. While the original regulations allowed the fruit or vegetable requirement to be met with one item, most States were serving two, and the regulations were changed to require two

different items. Full-strength juice was allowed to be counted as meeting 1/4 cup of the vegetable and fruit requirement.

In 1959, schools were allowed to serve elementary schoolchildren smaller portions of meal components based on the lesser needs of younger children. And in 1968, substitutions were allowed for individual students because of medical or other special dietary needs supported by a statement from a medical authority.

A significant change was made in the school lunch program in 1970, when uniform national guidelines were required for free and reduced-price lunches. Eligibility determinations for the program were to be made on the basis of an affidavit by the student's family.

In 1973, in response to medical reports and increasing public concern over the effect of consumption of fats on health, schools were allowed to serve lowfat or skim milk in place of whole milk. In this same year, several changes were made in the definition of the meal components to allow alternate foods based on advances in food technology as well as the changing eating habits of children. These changes also allowed local food service programs to offer meals aimed at local needs. Type C lunches were eliminated.

It was not until 1976 that the requirement to serve butter or fortified margarine was dropped, on the basis that the nutritional goals of the school lunch program would continue to be met without specific inclusion of butter or margarine. Thus, the Type A lunch pattern was dropped and the meal pattern became the four components we use today: meat/meat alternate; milk; two servings of two different vegetables/fruits; and bread. Because two fruit or vegetable items are required, the four food components represent five food items.

In 1978, the regulations were also rewritten to specify minimum quantities of foods appropriate for five age groups; to allow bread alternates to meet the bread requirement; to specify allowable variations in the meat alternate; and to require that lowfat or skim milk be available to students. In 1980, the number of servings of bread/bread alternates to be served by a school for a school week were specified. New guidance encouraged schools to serve meals with moderate amounts of sugar, fat, and salt.

In 1987, the regulations were rewritten after Congress passed legislation requiring that whole milk be offered. Under these regulations, schools are

required to offer students fluid whole milk in addition to fluid unflavored lowfat milk, skim milk, or buttermilk.

## History of Offer Versus Serve in the NSLP

### Senior High Schools

In an attempt to reduce food waste, amendments to the National School Lunch Act introduced the Offer Versus Serve (OVS) provision to senior high schools participating in the National School Lunch Program. Public Law 94-105, enacted October 7, 1975, mandated that students "in senior high schools that participate in the school lunch program under this Act ... shall not be required to accept offered foods they do not intend to consume, and any such failure to accept offered foods shall not affect the full charge to the student for a lunch meeting the requirements of this subsection or the amount of payments made under this Act to any such school for such lunch."

Schools are still required to offer senior high students the complete five-item school lunch; however, these students must be permitted the option of declining one or two of the items. The decision to decline one or two food items and which food items to decline rests solely with the student.

The meal is still a reimbursable lunch as long as students are offered five items and accept at least three.

### Junior High and Middle Schools

Participating schools found that the OVS provision reduced food waste and program costs while still maintaining the consumption of a wide variety of nutritious foods. Encouraged by the success of the OVS provision in senior high schools, Congress authorized OVS for middle schools or junior high schools in Public Law 95-166, enacted November 10, 1977.

In contrast to the provision for high schools, the decision on whether or not to implement the OVS provision in middle schools or junior high schools is left to the School Food Authority (SFA). The SFA may also decide whether to allow middle or junior high students to decline up to two food items (as in senior high school) or only one item. Again, the full five food items must be offered to each student. The decision as to which food item or items to decline rests solely with the student.

### Elementary Schools

OVS was expanded to elementary schools and preschools by Public Law 97-35, enacted August 13, 1981.

As in junior high and middle schools, implementing the OVS provision in elementary schools or preschools is optional and the SFA may choose to allow students to decline either up to two items or only one item. Students must be offered all five items and be allowed the decision of which item or items they will decline.

## History of Meal Patterns and OVS in School Breakfast

The School Breakfast Program (SBP) began under the Child Nutrition Act of 1966. It was originally a pilot project intended for poor areas and areas where children had to travel a great distance to school. A breakfast was required to contain: 1) 1/2 pint whole milk; 2) 1/2 cup fruit or full-strength juice; and 3)a bread/bread alternate. Schools were encouraged to serve a meat/meat alternate as often as practicable to improve the nutrition of participating children.

In 1971, Congress expanded the category of schools given priority to operate the breakfast program to include those in which there was a special need to improve the nutrition and dietary practices of children of working mothers and children from low-income families. Then, legislation passed in 1975 made the SBP available to all areas where it was needed to provide adequate nutrition for children in attendance.

Evaluating the nutrition provided by the SBP showed that the breakfast served was superior to home breakfasts with respect to the nutrients found in milk (protein, calcium, phosphorous, and magnesium). However, school breakfasts provided significantly less iron and vitamin A than home breakfasts.

Public Law 99-591 directed the Department to revise the nutritional requirements for breakfast and extended the OVS option to school breakfasts. The Department issued a regulation effective May 1, 1989, that permitted OVS in the breakfast program and required that four components be offered. Breakfast must now consist of: 1) fluid milk; 2) vegetable/fruit or full-strength juice; and 3) two servings of bread/bread alternate, or meat/meat alternate, or a combination of one bread/bread alternate and one meat/meat alternate.

# Appendix C
# Answers to Exercises

## Answers to Exercises on Food Items (page 18)

| Meat/Meat Alt. | Fruit/Veg. | Bread/Bread Alt. | Milk | Other |
|---|---|---|---|---|
| 6-7-9-10 | 2-9-14 | 1-5-12 | 13-27 | 3-4-8 |
| 11-16-19 | 21-23-29 | 26 | | 15-17-18 |
| 24 | | | | 20-22-25 |
| | | | | 28-30 |

1. **Enriched spaghetti noodles** are a bread alternate.
2. **French fries** (potatoes) are a vegetable.
3. Most **canned soups** do not contain enough meat/meat alternate so they are an "other" food.
4. A **brownie** is a dessert item which falls in the "other" category.
5. **Taco shell pieces** made with enriched or whole-grain meal or flour are a bread alternate.
6. **Walnuts** are meat alternates under the nuts and seeds instructions, but they may meet no more than 50 percent of the meat/meat alternate requirement.
7. **Chicken nuggets** are meat. However, some Child Nutrition labeled chicken nuggets may count towards the bread alternate also.
8. **Lemonade** is not considered full-strength juice, therefore it falls in the "other" category.
9. **Baked beans** may be considered either a vegetable/fruit or meat/meat alternate but not both in the same meal.
10. **Cheddar cheese** is a meat alternate.
11. **Hamburger patty** is a meat.
12. **Saltine crackers** made with enriched or whole-grain meal or flour are a bread alternate.
13. Eight ounces of **skim milk** is one of the options that meet the fluid milk requirement.

14. **Carrot sticks** are a vegetable.

15. **Cupcakes** are a dessert that falls in the "other" foods category.

16. **Tuna fish** is a meat.

17. **Rice pudding** is a dessert and falls in the "other" foods category. Rice pudding does not serve the customary role of a bread in a meal, and therefore does not count as a bread.

18. A serving of 1/4 cup of **cranberry sauce** will meet the fruit requirement.

19. **Cottage cheese** is a meat alternate.

20. **Bacon** is *not* considered a meat/meat alternate, therefore it is an "other" food.

21. The apples in **Apple-honey cobbler** may count towards the fruit requirement.

22. **Strawberry gelatin** is an "other" food.

23. **Raisins** are a fruit.

24. **Peanuts** are a meat alternate. (See answer number 6.)

25. **Parsley** is a garnish and therefore an "other" food.

26. **Whole-grain rice** is a bread alternate.

27. Eight ounces of **chocolate milk** is an option for the fluid milk requirement. However, the school must provide the required types of milk in addition to flavored milk.

28. **Sugar cookies** are a dessert item and therefore an "other" food.

29. **Full-strength apple juice** may meet up to one-half of the total vegetable/fruit requirement.

30. **Potato chips** are an "other" food. They do not meet the vegetable/fruit requirement.

## Answers to Exercises on Traditional School Lunches (Page 19)

1. Yes, the taco shell is the bread alternate and the salad has two vegetable components along with the meat/meat alternate.

2. No, because there is *not* a bread/bread alternate or a second vegetable/fruit.

3. Yes, the pizza contains the bread alternate and meat component.

4. Yes, this is a complete school lunch.

5. No, because the fluid milk and a second vegetable/fruit are missing from the menu. Potato chips and gelatin cubes are "other" foods.

6. Yes, this is a complete school lunch.

7. No, because a second vegetable/fruit is missing from the menu.

8. No, because a second vegetable/fruit is missing from the menu.

9. Yes, the meat/meat alternate and two vegetables are in the salad.

10. No, because fluid milk is missing.

11. Yes, this is a complete lunch.

12. No, a second vegetable/fruit portion is missing and only one of the two milks can be counted.

13. Yes, if using the USDA recipe for Chili Con Carne With Beans (D-20), the chili will contain the meat and one vegetable item.

14. Yes, this is a complete school lunch.

15. Yes, the macaroni is the bread alternate and the cheese is the meat alternate.

16. Yes, the french fries and the cherries in the cobbler are the vegetable/fruit component.

17. No, the peas and carrots count as *one* serving of vegetable/fruit because they are served together. A second vegetable/fruit and milk must be served.

18. No, the carrot and celery sticks are served together as *one* serving of vegetable/fruit. A second vegetable/fruit must be served.

19. No, soup alone will probably not meet the 2 oz meat requirement and the vegetable/fruit portions are missing. (However, vegetables could be added to the soup and counted towards the vegetable/fruit component.)

20. Yes, the pot pie contains the bread alternate, vegetable, and chicken. The raisins count as the fruit portion.

21. No, the mixed vegetables only make *one* serving of the vegetable/fruit component.

22. No, the vegetables/fruits are missing.

23. Yes, the fruit plate contains a variety of fruit and the cottage cheese is the meat alternate.

24. No, a second vegetable/fruit is missing. orange gelatin is an "other" food.

25. No, the bread/bread alternate is missing. The sugar cookie is an "other" food.

## Answers to Exercises in Identifying a Reimbursable Lunch Under OVS (page 27)

| Lunch Menu: | Student Takes: | Reimbursable Meal? |
|---|---|---|
| Hamburger patty (2 oz)<br>Bun (whole)<br>Lettuce leaf and tomato slice (1/4 cup total)<br>Small apple (1/2 cup)<br>Milk (1/2 pint) | Hamburger patty<br>Bun<br>Apple | Yes, three full portions were chosen of the 5 items offered. The apple counts as one of the vegetable/fruit items. Even though the hamburger bun equals 2 servings of the bread component, it counts as only one food item. However, it equals 2 servings of the bread/bread alternate and helps meet the requirement that schools offer their students 8 servings of bread per week. |
| Hamburger patty (2 oz)<br>Bun (whole)<br>Lettuce leaf and tomato slice (1/4 cup total)<br>Small apple (1/2 cup)<br>Milk (1/2 pint) | Hamburger patty<br>Milk<br>Milk | No, this lunch only contains two food items. A second portion of any food item (such as the milk) does not count towards a reimbursable lunch. |
| Hamburger patty (2 oz)<br>Bun (whole)<br>Lettuce leaf and tomato slice (1/4-cup total)<br>Small apple (1/2 cup)<br>Milk (1/2 pint) | Hamburger patty<br>Lettuce leaf<br>Apple | No, the lettuce leaf and tomato slice constitute one vegetable item. The lettuce leaf is not, by itself, a full food item. The student must add the tomato slice to fulfill one vegetable item or select another full food item. |

## Answers to Exercises in Identifying a Reimbursable Breakfast Under OVS (page 36)

| Menu: | Student Takes: | Reimbursable Breakfast? |
|---|---|---|
| Fruit cup (1/2 cup)<br>Hard-cooked egg<br>(1 large)<br>Whole-wheat toast<br>(1 slice)<br>Fluid milk<br>(1/2 pint) | Fruit cup<br><br>Hard-cooked egg | Yes, the egg counts as two food items and the fruit cup counts as one food item. Remember, in the SBP, 1/2 of a large egg will fulfill the meat requirement. |
| Orange slices<br>(1/4 cup)<br>Apple wedges<br>(1/4 cup)<br>Bagel (1)<br>Fluid milk<br>(1/2 pint) | Orange slices<br><br>Bagel | No, the bagel counts as two bread alternates. However, in addition to the orange slices, the student would also need to take the apple wedges to fulfill the vegetable/ fruit requirement. |
| Grape juice<br>(1/2 cup)<br>Cheese toast<br>(1 oz cheese)<br>(1-slice toast)<br>Fluid milk (1/2 pint) | Cheese toast<br><br>Fluid milk | Yes, the cheese toast counts as two food items (bread and meat alternate). With the addition of milk, three food items have been taken. |

| | | |
|---|---|---|
| Sliced peaches (1/2 cup)<br>Ready-to-eat cereal (3/4 cup)<br>Raisin toast (1 slice)<br>Crisp bacon (1 slice)<br>Fluid Milk (1/2 pint) | Sliced peaches<br>Raisin toast<br>Crisp bacon | No, only two creditable food items have been taken. The bacon is considered an "other" food that does not count toward meeting the breakfast requirements. |
| Orange and grapefruit sections (1/2 cup)<br>Pancakes (2)<br>Fluid milk (1/2 pint) | 1 Pancake<br>2 Fluid milks | No, although a double portion of bread/bread alternate or meat/meat alternate counts as two food items, a second milk or vegetable/fruit does not count toward a reimbursable breakfast. |

# Appendix D
# Charts

## Portion Control

### Scoop (or D. r) Number

The number of the scoop or disher indicates the number of *level* scoopfuls it takes to make 1 quart. The following table gives an approximate measure for each scoop:

| Scoop or disher number | Approximate measure |
|---|---|
| 6 | 2/3 cup |
| 8 | 1/2 cup |
| 10 | 3/8 cup |
| 12 | 1/3 cup |
| 16 | 1/4 cup |
| 20 | 3-1/3 Tbsp |
| 24 | 2-2/3 Tbsp |
| 30 | 2 Tbsp |
| 40 | 1-2/3 Tbsp |
| 50 | 3-3/4 tsp |
| 60 | 3-1/4 tsp |

### Ladles

The following sizes of ladles will help in obtaining equal-size servings of soups, sauces, creamed foods, and other similar foods. Perforated ladles are available for accurate portioning of foods that need draining.

| Ladle size | Approximate Measure |
|---|---|
| 1 oz | 1/8 cup |
| 2 oz | 1/4 cup |
| 4 oz | 1/2 cup |
| 6 oz | 3/4 cup |
| 8 oz | 1 cup |

### Serving Spoons

A serving spoon (solid or slotted) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from the spoons used. This will help ensure that the proper portion size is served.

# School Lunch Patterns

*For Various Age/Grade Groups*

USDA recommends, but does not require, that you adjust portions by age/grade group to better meet the food and nutritional needs of children according to their ages. If you adjust portions, Groups I-IV are minimum requirements for the age/grade groups specified. If you do not adjust portions, the Group IV portions are the portions to serve all children.

| COMPONENTS | SPECIFIC REQUIREMENTS | | Minimum Quantities | | | | Recommended Quantities[1] |
|---|---|---|---|---|---|---|---|
| | | | Preschool | | Grades K-3 | Grades 4-12[1] | Grades 7-12 |
| | | | ages 1-2 (Group I) | ages 3-4 (Group II) | ages 5-8 (Group III) | age 9 & over (Group IV) | age 12 & over (Group V) |
| **Meat or Meat Alternate** | • Must be served in the main dish or the main dish and only one other menu item.<br>• Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. Fact sheets on each of these alternate foods give detailed instructions for use. | A serving of one of the following or a combination to give an equivalent quantity: | | | | | |
| | | Lean meat, poultry, or fish (edible portion as served) | 1 oz | 1-1/2 oz | 1-1/2 oz | 2 oz | 3 oz |
| | | Cheese | 1 oz | 1-1/2 oz | 1-1/2 oz | 2 oz | 3 oz |
| | | Large egg(s) | 1/2 | 3/4 | 3/4 | 1 | 1-1/2 |
| | | Cooked dry beans or peas | 1/4 cup | 3/8 cup | 3/8 cup | 1/2 cup | 3/4 cup |
| | | Peanut butter or other nut or seed butters | 2 Tbsp | 3 Tbsp | 3 Tbsp | 4 Tbsp | 6 Tbsp |
| | | Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, meet no more than 50% of the requirement and must be combined in the meal with at least 50% of other meat or meat alternate. (1 oz of nut/seeds=1 oz of cooked lean meat, poultry, or fish.) | 1/2 oz=50% | 3/4 oz=50% | 3/4 oz=50% | 1 oz=50% | 1-1/2 oz=50% |
| **Vegetables and/or Fruits** | • No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.<br>• Cooked dry beans or peas may be used as a meat alternate or as a vegetable but not as both in the same meal. | Two or more servings of vegetables or fruits or both to total: | 1/2 cup | 1/2 cup | 1/2 cup | 3/4 cup | 3/4 cup |
| **Servings of bread or Bread Alternate** | • At least 1/2 serving of bread or an equivalent quantity of bread alternate for Group I, and 1 serving for Groups II-V, must be served daily.<br>• Enriched macaroni with fortified protein may be used as a meat alternate or as a bread alternate but not as both in the same meal.<br>**NOTE:** Food Buying Guide for Child Nutrition Programs, PA-1331 (1984) provides the information for the minimum weight of a serving. | A serving is:<br>• 1 slice of whole-grain or enriched bread.<br>• A whole-grain or enriched biscuit, roll, muffin, etc.<br>• 1/2 cup of cooked whole-grain or enriched rice, macaroni, noodles, whole-grain or enriched pasta products, or other cereal grains such as bulgur or corn grits.<br>• A combination of any of the above. | 5 per week | 8 per week | 8 per week | 8 per week | 10 per week |
| **Milk** | The following forms of milk must be offered:<br>• Whole milk.<br>• Unflavored lowfat milk.<br>**NOTE:** This requirement does not prohibit offering other milk, such as flavored milk or skim milk, along with the above. | A serving of fluid milk: | 3/4 cup (6 fl oz) | 3/4 cup (6 fl oz) | 1/2 pint (8 fl oz) | 1/2 pint (8 fl oz) | 1/2 pint (8 fl oz) |

[1]Group IV is highlighted because it is the one meal pattern which will satisfy all requirements if no portion size adjustments are made.
[2]Group V specifies recommended, not required, quantities for students 12 years and older. These students may request smaller portions, but not smaller than those specified in Group IV.

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# School Breakfast Meal Pattern Requirements

| Food Components/Items | Minimum Required Quantities | | |
|---|---|---|---|
| | Ages1-2 | Ages 3, 4, 5 | Age 6 & Up |
| **Fluid Milk** | | | |
| As a beverage, on cereal, or both | 1/2 cup | 3/4 cup | 1/2 pint |
| **Fruit/Vegetable/Juice**[1] | | | |
| Fruit and/or vegetable or full-strength fruit juice or vegetable juice | 1/4 cup | 1/2 cup | 1/2 cup |
| Select ***One*** Serving From Each of the Following Components or ***Two*** Servings From One Component | | | |
| **Bread/Bread Alternates**[2] | | | |
| One of the following or an equivalent combination: | | | |
| • Whole-grain or enriched bread | 1/2 slice | 1/2 slice | 1 slice |
| • Whole-grain or enriched biscuit, roll, muffin, etc. | 1/2 serving | 1/2 serving | 1 serving |
| • Whole-grain, enriched, or fortified cereal | 1/4 cup or 1/3 ounce | 1/3 cup or 1/2 ounce | 3/4 cup or 1 ounce |
| **Meat/Meat Alternates** | | | |
| One of the following or an equivalent combination: | | | |
| • Lean meat, poultry, or fish | 1/2 ounce | 1/2 ounce | 1 ounce |
| • Cheese | 1/2 ounce | 1/2 ounce | 1 ounce |
| • Large egg | 1/2 | 1/2 | 1/2 |
| • Peanut butter or other nut or seed butters | 1 Tbsp | 1 Tbsp | 2 Tbsp |
| • Cooked dry beans and peas | 2 Tbsp | 2 Tbsp | 4 Tbsp |
| • Nuts and/or seeds (As listed in program guidance)[3] | 1/2 ounce | 1/2 ounce | 1 ounce |

[1] Recommended daily: a citrus or a juice or fruit or vegetable that is a good source of vitamin C

[2] See Food Buying Guide, PA-1331, for serving sizes

[3] No more than 1 ounce of nuts and/or seeds may be served in any one meal.

# Appendix E
# Bibliography

*Child Nutrition Division Program Regulations*, 7 CFR 210 and 220.

FNS Instruction 783-2 Rev. 1, *Meal Substitutions for Medical or Special Dietary Reasons*, 6/6/88.

FNS Instruction 783-7, *Milk Requirement—Child Nutrition Programs*, 12/6/82.

FNS Instruction 783-11, *Juice and Juice Drinks—Child Nutrition Programs*, 12/6/82.

FNS Instruction 783-12, *Bread Requirement—Child Nutrition Programs*, 8/3/83.

FNS Instruction 783-13, *Variation in Meal Requirements for Religious Reasons: Jewish Schools and Institutions*, 12/30/83.

FNS Instruction 783-14, *Variation in Meal Requirements for Religious Reasons: Seventh-day Adventist Schools and Institutions*, 12/30/83.

*Food Buying Guide for Child Nutrition Programs*, USDA/FNS, Program Aid Number 1331, 1984.

*Menu Planning Guide for School Food Service*, USDA/FNS, Program Aid Number 1260, 1983.

*Offer Versus Serve, School Food Authority Guidance*, USDA/FNS, NTSD, August 1982.

*Offer Versus Serve, State Agency Guidance*, USDA/FNS, NTSD, Technical Assistance Branch, August 1982.

*School Breakfast Program Guidance*, USDA/FNS, NTSD, Technical Assistance Branch, April 1989.

*Quantity Recipes for School Food Service*, USDA/FNS, Program Aid Number 1371

The National School Lunch and School Breakfast Programs are equal opportunity programs. If you believe you or anyone has been discriminated against because of race, color, national origin, sex, age, or handicap, write immediately to the Secretary of Agriculture, Washington, DC 20250.

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